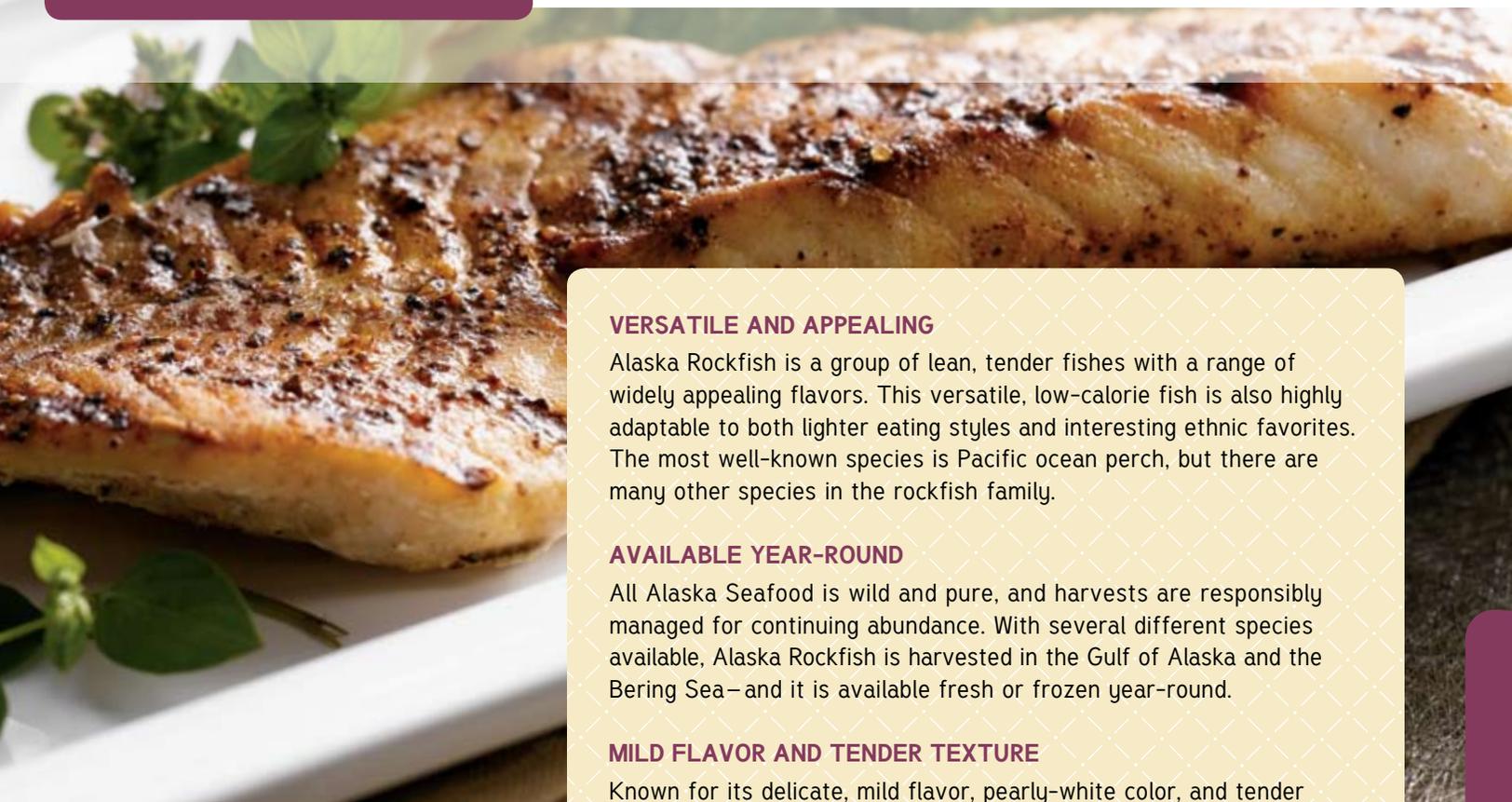


*Wild Alaska*

# ROCKFISH



## **VERSATILE AND APPEALING**

Alaska Rockfish is a group of lean, tender fishes with a range of widely appealing flavors. This versatile, low-calorie fish is also highly adaptable to both lighter eating styles and interesting ethnic favorites. The most well-known species is Pacific ocean perch, but there are many other species in the rockfish family.

## **AVAILABLE YEAR-ROUND**

All Alaska Seafood is wild and pure, and harvests are responsibly managed for continuing abundance. With several different species available, Alaska Rockfish is harvested in the Gulf of Alaska and the Bering Sea—and it is available fresh or frozen year-round.

## **MILD FLAVOR AND TENDER TEXTURE**

Known for its delicate, mild flavor, pearly-white color, and tender yet meaty texture, Alaska Rockfish enjoys great popularity.

## **EASY TO PREPARE**

Most commonly marketed as skinless, boneless fillets, Alaska Rockfish is ready-to-use, boasting quick, easy preparation with no waste, at a very reasonable cost. The best cooking methods require minimal handling, such as poaching, steaming, and sautéing, making Alaska Rockfish ideal for today's health-oriented consumers.

## **SUSTAINABLY SOURCED**

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. Unlike many of the world's other fish populations, Alaska's are managed for protection against overfishing and habitat damage. By proactively ensuring a healthy, wild, and sustainable harvest, Alaska is protecting its superior seafood for future generations.



*Wild, Natural & Sustainable®*

The Alaska Seafood logo affirms your support for SUSTAINABLE FISHERIES.

# ROCKFISH



## NUTRITION FACTS

Serving Size: 3.5 oz. (100g)  
Cooked, Edible Portion

Calories	120
Protein	24g
Total Fat	2g
Saturated Fat	0.5g
Sodium	75mg
Cholesterol	45mg
Omega-3 Fatty Acids	450mg
Vitamin D (IU)	310mg



## COMMON MARKET NAMES / SCIENTIFIC NAMES:

- Pacific Ocean perch (longjaw rockfish)\*/*Sebastes alutus*
- Dusky rockfish (brown bomber)\*/*Sebastes ciliatus*
- Yelloweye rockfish (raspehead, turkey-red rockfish, Pacific red snapper)/*Sebastes ruberrimus*
- Northern rockfish\*/*Sebastes polyspinis*
- Chilipepper (Pacific red snapper)/*Sebastes goodei*
- Blackspotted rockfish\*/*Sebastes melanostictus*
- Rougheye rockfish\*/*Sebastes aleutianus*
- Shortraker rockfish\*/*Sebastes borealis*
- Shortspine thornyhead (idiot fish, shortspine channel rockfish)\*/*Sebastes alascanus*
- Canary rockfish (orange rockfish, Pacific red snapper)/*Sebastes pinninger*

\* The most abundant species in the commercial fisheries. The name "rockfish" is applied to several related species of Alaska whitefish. Rockfish are sometimes called "snapper," but they are not related to snapper from other waters.

## HARVESTING SEASONS:

- Year-round

## SIZES:

- Whole average 3-14 lbs.
- Maximum 30-36 lbs.
- Round yelloweye graded under 6 lbs. and over 6 lbs.
- Round chilipepper graded under 3 lbs. and over 3 lbs.



*Wild, Natural & Sustainable®*

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**Phone:** (206) 352-8920  
**Fax:** (206) 352-8930

## HABITAT:

- Adults are found primarily offshore on the outer continental shelf and the upper continental slope in depths of 150-420 m.

## HARVEST METHOD:

- Trawl · Jig · Longline

## FOOD SAFETY:

- HACCP
- Consuming raw or uncooked seafood may increase your risk of food-borne illness

## ADDITIVES:

- None

## PRODUCT FORMS:

- Whole round · Dressed/headed (H&G)
- Fillets; skin-on and skinless, pinbone-in and pinbone-out, skin-on/scaled

## PRODUCT PACKING:

- Fresh: dressed/headed (H&G) 50-80 lb. boxes; fillets 10 lb. poly bags & 10 lb. plastic containers
- Frozen: dressed/headed (H&G) 50-80 lb. boxes; fillets 5-15 lb. layer, shatterpack, or IQF

## FOOD SOURCE:

- Includes euphausiids, crustaceans and deep water fishes

## OTHER INFORMATION:

- Most species are mild and sweet-flavored, with a medium texture
- Rockfish fillets are generally somewhat thicker than sole fillets